

NEW!



**SPECIAL SECTION
INSIDE**

SCRIPPS RANCH NEWS

Volume 3 Issue 3 • February 2020



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ROUNDBALL ACTION

*SRHS teams wrap
up regular seasons*

*Photos by
Ralph LoVuolo*



BASKETBALL ROUNDUP:

The Scripps Ranch High School girls varsity basketball team ended its regular season Feb. 13 (pictured here) with a loss to Cathedral Catholic High, but has a chance to make big things happen in the CIF San Diego Section 2020 Girls Division 1 Basketball Championships. Scripps Ranch is scheduled to play Poway High in the first round on Feb. 19.

MEANWHILE, the SRHS boys varsity basketball team defeated Lincoln 60-51 on Feb. 13 to win its first league title in 13 years. The boys team was scheduled to play Oceanside Feb. 18 in the first round of the CIFSD Boys Division 2 tournament.

New principal selected for MMS

Dr. Joshua G. Way was chosen to become the new principal at Thurgood Marshall Middle School, according to an announcement sent to parents on Feb. 11 by Monika Hazel, San Diego Unified School District (SDUSD) Area 4 superintendent. Way will officially begin his duties at Marshall on March 3, according to the announcement.

Way will replace long-time Thurgood Marshall Middle School Principal Michelle Irwin who left the school Oct. 25 for another position within SDUSD.



Dr. Joshua G. Way

Here is some of Way's background, according to the recent announcement:

Way has been an educator for 17 years and earned both his bachelor's and master's degrees from California State University, San Marcos, and his doctoral degree in education from San Diego State University.

He began his teaching career at Fallbrook High School as a social studies and ELD teacher, activities director, Link Crew coordinator, varsity baseball coach and surf team coach. He was a teacher-coach for The Boomerang Project – a student mentoring program – for the Quantum Learning Network as a Super Camp facilitator leading personal enrichment and accelerated learning camps, and for Heart for Africa, working with teachers in Kenya.

In 2011, he became an assistant principal at Mission Hills High School working with VAPA, AP programs, ELD, Pageantry, PLUS and

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for City Council
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prevents isolation
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HEALTH

Optometrists celebrate
grand re-opening
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Voice of Scripps Ranch files lawsuit against city

By Laura Hogan

A local group is letting its voice be heard. Voice of Scripps Ranch has filed a lawsuit against the City of San Diego as a means of halting the proposed Monarch Group, LLC development project to construct high density housing at the corner of Scripps Poway Parkway and Spring Canyon Road, 10380 Spring Canyon Road – presently the site of Innovations Academy.

Voice of Scripps Ranch, a group comprised of some concerned Scripps Ranch residents, are adamantly opposed to the project for a variety of reasons. Lisa Croner, Scripps Ranch resident and secretary of the organization, said that the community's efforts and dealings with Monarch Group were no longer productive. In the background of attempting to collaborate and find an equally agreed upon solution, she said, Voice of Scripps Ranch began

working with legal teams.

"When Monarch and the District (San Diego Unified School District) initially proposed this plan to the community, there was a lot of resistance. A group of people decided to research possible avenues of adjusting this plan," Croner said. "We weren't willing to give up and be the innocent victims in this, especially given all the community resistance. After many attempts

See **VOICE OF SCRIPPS RANCH**, Page 2

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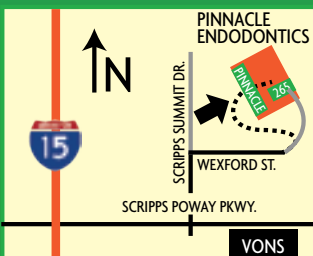
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VOICE OF SCRIPPS RANCH

Continued from Page 1

to get the District and Monarch to listen to the community, and after exhausting administrative steps, we decided that this was the last recourse and to file the lawsuit."

Craig Sherman is representing Voice of Scripps Ranch in the lawsuit against the City. Sherman explained the project fell under the City's jurisdiction for review and compliance with the outlined city zoning, codes and community plan. Despite the City's approval of the project at the end of the year, Sherman said the proposed project simply does not fit.

"It is pretty clearly spelled out in the community plan that this is not what was envisioned. It substantially doesn't fit and is inconsistent with the particular marquee, entryway and gateway type of project with the prominence of the location," Sherman said.

The type of project Sherman is referring to can be found in the Miramar Ranch North Community Plan document. This specific space was labeled Cypress Canyon Greenway. The plan states specifications on building height, building bulk and the space being used as a focal point of the community. Croner said the current Monarch Group plan does not align with any of these categories.

Voice of Scripps Ranch is hoping that the lawsuit will correct what they see as the City's error in not properly reviewing the proposed plan as it fits with the community plan or the zoning laws. Croner said the Monarch development violates both.

"We hope the result will open the door to community negotiations and community input to a reasonable compromise as to how this land should be used," Croner said.

Both Croner and Sherman said Voice of Scripps Ranch is not anti-housing or an-



Voice of Scripps Ranch members discuss their opposition to the development at 10380 Spring Canyon Road. (courtesy of Lisa Croner)

ti-commercial, but rather that the group is hoping to find a better solution for the space that fits the needs of the community.

"We are trying for a very reasoned approach to growth in this area with this particular issue being our starting point," Croner said.

The hearing for the lawsuit will be scheduled at a later date. Voice of Scripps Ranch has submitted the paperwork to formally be a 501(c)(3) non-profit organization. This classification will allow the group to collect funds to support the lawsuit.

The City of San Diego's attorney's office was contacted for comment on this story. Per their email, the City plans to respond to the lawsuit in court. For more information about Voice of Scripps Ranch, visit voiceofscrippsranchnews.org.

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The free community newspaper, neighborhood website and social media network for Scripps Ranch

Scripps Ranch News is published monthly and mailed directly to each home in Scripps Ranch.

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SR residents compete in District 5 race

By Jack Molmud

The San Diego City Council seat overseeing Scripps Ranch is wide open this election cycle, March 3, with Mark Kersey termed out and not eligible to run again for his District 5 seat.

The names of four candidates appear on the March ballot for the open spot. Two of them, Isaac Wang and Marni Von Wilpert, live in Scripps Ranch.

These two candidates are bringing their own respective platforms keeping Scripps Ranch in mind, but also benefitting the entirety of San Diego.

Isaac Wang moved to San Diego in 2010. His campaign approach is unorthodox given his cartoon caricatures explaining his platforms on his campaign website, in addition to a well-edited music video showing landscapes of San Diego.

Wang, a Navy veteran, is campaigning on some new ideas designed to urbanize but also keep neighborhoods safe through limiting space for cars.

“We build with the driv-



Isaac Wang

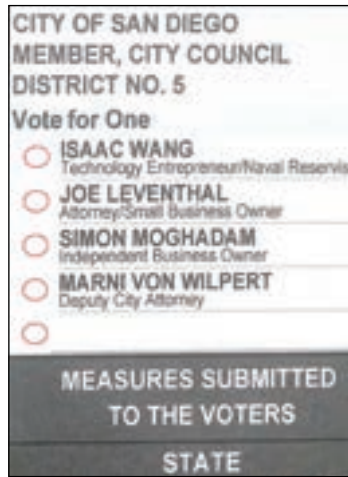
er in mind. We do not build with the human in mind,” Wang said.

Wang said he wants to alter streets to be narrower, allowing protected bike lanes to flourish in order to prevent collisions with cars.

He is also an advocate for veteran housing and support in areas such as Scripps Ranch.

“If we can significantly add housing stock close to the military base so that people who work there don’t have to commute as far, that would be phenomenal,” Wang said.

The other candidate from the neighborhood was born and raised in Scripps Ranch. Marni Von Wilpert, a grad-



Sample Ballot

uate of Scripps Ranch High School, is also vying for the soon-to-be-vacated city council position.

Von Wilpert said she wants to address homeless populations in District 5 and other areas of the city. She is an advocate for a mixture of both housing first initiatives as well as integrating better mental healthcare during the same processes.

Von Wilpert said the current approach has not worked well enough to completely solve the homeless issue.

“It’s a lack of communication between the different levels of city government,” Von Wilpert said. “The county and the city are not work-



Marni Von Wilpert

ing together as they should, and we saw that with the hepatitis A outbreak.”

Alternative transportation for seniors who can no longer drive is also a priority for Von Wilpert as many seniors will call 911 in order to get rides to doctors’ appointments.

“While (first responders) are tied up with that, and a stroke or a heart attack happens, they can’t actually get to the real emergency,” she said.

Both candidates are advocates for higher density housing and increasing public transit connections to more places of work and living communities.

See **DISTRICT 5**, Page 4

NEWS



Primary Election; time to vote

Tuesday, March 3 is Election Day for registered voters in Scripps Ranch, San Diego County and across the country. This is the primary for president of the U.S., along with a handful of federal, state, county and district offices, as well as one state measure. In addition, two San Diego measures and two San Diego County measures appear on the ballot.

To find your Election Day polling location, visit sdvote.com, scroll down and click on “March 3, 2020 Election Information.”

Early voting is already underway at the Registrar’s office in Kearny Mesa, located on the County Operation Center campus at 5600 Overland Ave. Voters can cast their ballots there from 8 a.m. to 5 p.m. Monday through Friday until Election Day, when the voting hours will change to 7 a.m. to 8 p.m. to reflect the hours at the polls. The Registrar will also be open between 8 a.m. and 5 p.m. on Saturday, Feb. 29 and Sunday, March 1 for weekend voting.

Voters using mail-in ballots must be sure to send their ballots soon. The ballot must be postmarked on or before Election Day and it must be received at the Registrar of Voters office no later than the Friday after Election Day.

Mail ballots may also be dropped off at one of the designated locations throughout the county, at the Registrar of Voters office anytime Monday-Friday, 8 a.m. to 5 p.m.; on Election Day at the Registrar of Voters office; or any poll or mail ballot drop off location, between 7 a.m. and 8 p.m. on March 3.

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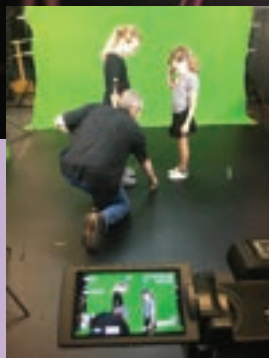
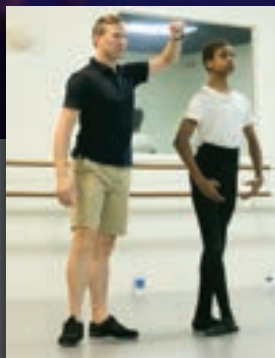
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PRINCIPAL

Continued from Page 1

Link Crew. In 2015, Way was selected to lead Woodland Park Middle School in San Marcos Unified where he served for the last five years as principal.

As a facilitator for the National Institute of School Leaders, Way leads professional development for site and district administrators from multiple districts on developing high-performing educational systems by using research-based practices and benchmarking the highest achieving educational systems around the globe. Most recently, Way was a guest lecturer with California State University, San Marcos, and a presenter with the Association of California School Administrators (ACSA) on topics such as co-teaching and mindfulness for school leaders.

DISTRICT 5

Continued from Page 3

In addition to Democrats Wang and Von Wilpert, another Democrat candidate, Simon Moghadam of Carmel Mountain is running for the District 5 seat.

The lone Republican, Joe Leventhal, is the final candidate. He, along with Von Wilpert, received dual endorsements from the San Diego Union-Tribune earlier this month.

ELECTION

Continued from Page 3

There is still time to apply for a mail ballot if that is more convenient. Registered voters can request a mail ballot until Feb. 25. For additional information, call (858) 565-5800 or visit sdvote.com.

A handful of local residents are running for office in this election. Scripps Ranch resident and incumbent City Attorney Mara Elliott is running against challengers Cory Briggs and Pete Mesich in the race for San Diego city attorney. Isaac Wang and Marni Von Wilpert, two Scripps Ranch residents, are in the race for the San Diego City Council District 5 seat along with Joe Leventhal and Simon Moghadam, according to the ballot. Scripps Ranch resident Roberta Winston is running against CJ Mody for Judge of the Superior Court Office No. 18.

This is also a primary for San Diego mayor. Mayoral candidates on the ballot are Todd Gloria, Gita Applebaum Singh, Scott Sherman, Rich Riel, Barbara Brie and Tasha Williamson.

New Kiwanis Club begins to form in Scripps Ranch

By Dave Kensler

The Kiwanis organization may be a great option to consider for those looking for opportunities to help kids throughout the Scripps Ranch community. A new chapter of the club is being organized.

“We only need a minimum of 15 members to form a charter club,” explained long-time Scripps Ranch resident Craig Bratlien, who serves as lieutenant governor overseeing 10 Kiwanis Clubs in the San Diego area. “With over 12,000 residences in Scripps Ranch, including apartments and condominiums, I am confident there are more than enough interested people to help form a new club specific to our community.”

Founded more than a century ago, Kiwanis International functions under the very simple mission of “Dedicated to improving the world one child and one community at a time.” Last year, worldwide, the Kiwanis International provided more than 18 million service hours and raised more than \$100 million.



According to Bratlien, when a new Kiwanis Club is started in a community, the foundation is already in place via Kiwanis as to how the club should operate, but the opportunity is available to determine everything from meeting times, locations and what service projects on which to focus.

“Some clubs meet twice-a-month during lunch for one-hour,” Bratlien said. “Other clubs meet for dinner for their meetings and some meet for breakfast. Initially, we may require a few more meetings simply because we need to prioritize community service efforts to help kids.”

Fortunately, thanks to a previous Kiwanis Club in Scripps Ranch – which

merged with a club in Torrey Pines – some resources are already in place and active.

“One goal of Kiwanis is to bring the ideas of service and leadership to all levels of schools from elementary to college,” Bratlien explained. “At the high school level, we refer to it as ‘Key Club,’ and at Scripps Ranch High School we have over 100 members (students) who help us with community service efforts.”

He also stated that “Circle K” Clubs, which involve college students, are well established at San Diego State University and UC San Diego.

While Kiwanis Clubs may organize fundraising efforts from “clean up the city” to

pancake breakfasts, they do not isolate themselves from other projects in the community.

“If an organization is doing a telethon and needs assistance answering the phones, we are happy to help,” Bratlien said. “We receive those kind of requests all the time. It is not just about our projects.”

What does separate Kiwanis from many other service organizations is the “all hands on deck” type of mentality.

“Lots of service organizations raise money and write checks to help others, and they often do a nice job,” Bratlien explained. “Kiwanis is boots on the ground. We buy the tree, then dig the hole and then plant the tree. That is the difference.”

Because of that approach, Bratlien believes the rewards for worthy causes are more than simply financial.

“Kiwanis goes far beyond the money aspect,” he stated. “The feeling you get when you hand a kid a college scholarship at a luncheon – and the fact you brought the entire family to the luncheon – is an experi-

‘Kiwanis is boots on the ground. We buy the tree, then dig the hole and then plant the tree. That is the difference.’

—Craig Bratlien

ence which is hard to put in words. The money involved is a side issue.”

Bratlien is quick to point out Kiwanis is open to everyone.

“There are no religious or political requirements to join. Nobody is turned away if they want to help,” he said. “Some of our Clubs have women as their president. Our focus is not on who is joining our club, but rather what can we do to help the community.”

Those interested in joining a new Scripps Ranch Kiwanis Club may contact Craig Bratlien at craigbratlien@gmail.com or by calling (858) 945-2280. To learn more about Kiwanis International, visit kiwanis.org.

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Dealing with stress: Support Salon helps

By Bella Ross

In an era of unprecedented feelings of isolation, even with new technologies that allow people to be more connected than ever, Katy Goshtasbi said supporting one another in person is mandatory.

Goshtasbi, a Scripps Ranch resident and founder of Puris Consulting, decided she would fill the gap in support by dedicating part of her office space every month to host an event called Support Salon. The local support group allows people to slow down and help one another get through the stresses of life.

“(It’s for) whoever wants to give support and get support,” she said. “And that’s really the gist of it. You can’t just come to get support. You have to be willing to give support because that’s the way the rules work. It’s called fairness.”

It all started about 12 years ago when Goshtasbi, a longtime lawyer and former lobbyist on Capitol Hill, decided to quit her Newport Beach law job “cold turkey.”

“And that was where I

burnt out,” Goshtasbi said. “I said, ‘I can’t do this anymore for a living. It’s gonna kill me.’ It was the day I had spent 15 hours drafting just a small bit of a mutual fund perspective.”

After that she launched her company, formerly called Personal Branding. The consulting firm allowed her to exercise what she found to be her greatest ability: empowering others.

She realized that a lack of support is what she struggled with throughout her law career and that she needed to help others in the same position.

“I’m really good at empowering people so that they can reach their full potential, whatever that is at work or at home, to reach the results they want in their life, which is what I was always struggling with and what I did,” Goshtasbi said.

Support Salon guests can expect wine and snacks, provided by Goshtasbi. Women, men and people of all ages are welcome to join. At the first session of the event last month, she said just under 15 people came and that the

See **SUPPORT SALON**, Page 8



Katy Goshtasbi created a gathering to help people feel less isolated. (courtesy photo)



Kevin Espiritu of Epic Gardening will share his secrets for success at the upcoming Scripps-Mesa Garden Club meeting. (courtesy photo)

Expert shares secrets for plant growth

By Denise Stewart

The Scripps-Mesa Garden Club will be meeting on Feb. 24 at the Scripps Miramar Ranch Library Community Room at 6 p.m. to learn more about Secret Supplements for Plant Growth. Garden book author Kevin Espiritu of Epic Gardening will be sharing his secrets with the group. He will also be autographing copies of his book “Urban Gardening.”

Local gardeners meet most months on the fourth Tuesday. They hold a short social time, a brief business meeting followed by a presentation on a gardening topic. The event ends with a plant share and often there is a drawing for a useful garden tool.

In March, another author, Chuck McClung, will talk about “Orchids and Re-bloom.”

A local garden tour is planned for April’s meeting.

The Garden Club has \$30 annual dues and is open to plant lovers from both sides of I-15. For more information, contact rgale1943@gmail.com.



(photo by John Gregory)

Chinese New Year event is a big hit!

The annual Chinese New Year celebration held for the public by Scripps Ranch resi-

See **CHINESE NEW YEAR**, Page 8

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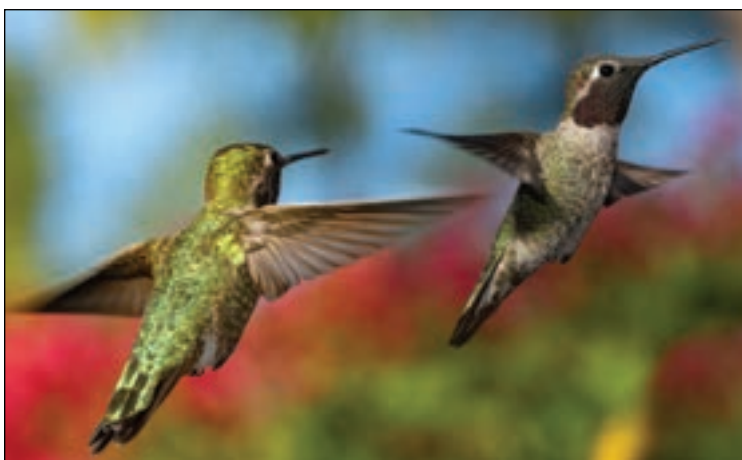
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(photos by Michael Campbell)



(photo by Michael Campbell)

**FEATHERED FRIENDS
HOVER & FLY**

Scripps Ranch resident Michael Campbell, a very accomplished photographer, submitted these photos of colorful hummingbirds visiting his garden recently. Hummingbirds seem to be year-round visitors in Scripps Ranch, and they have been active in the past weeks.

(Prints available. Visit michaelcampbell.com)

Yale Whiffenpoofs perform at The Glen

The Glen at Scripps Ranch hosted the legendary collegiate a cappella group The Whiffenpoofs at the new retirement community on Jan. 29.

Several hundred residents and guests enjoyed a special performance from Yale University's talented traveling singers.

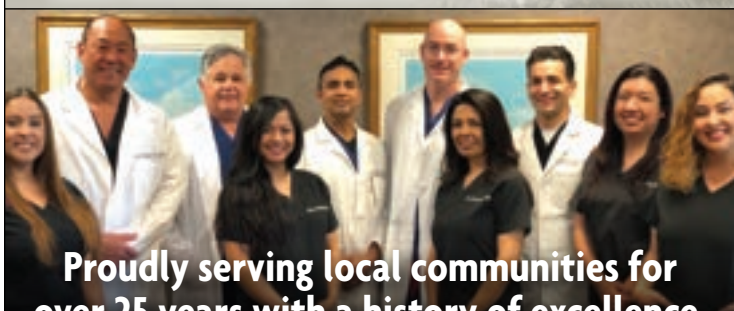
The Glen at Scripps Ranch welcomed its first residents in November 2019 and is home to more than 200 residents, with more scheduled to move in. A grand opening celebration for The Glen at Scripps Ranch is being planned for spring 2020.



The world-famous Yale Whiffenpoofs perform at The Glen at Scripps Ranch on Jan. 29. (courtesy photo)

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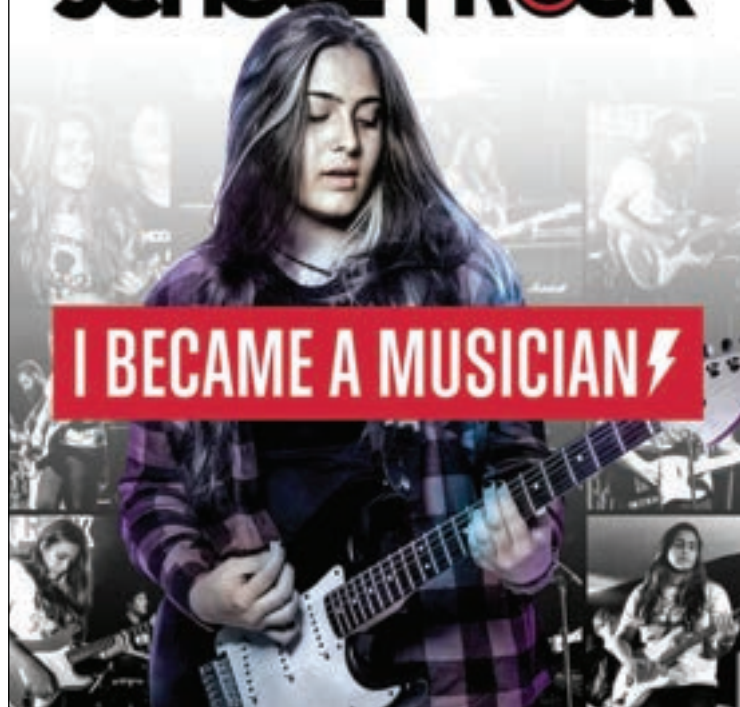
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Orvieto Piano Trio set to perform

The "Pleasure of Your Company" music series, sponsored by Scripps Ranch Friends of the Library, welcomes back the Orvieto Piano Trio on Sunday, Feb. 23 at 2:30 p.m., performing works by Tchaikovsky, Mendelssohn, Fauré and others.

Ensemble members include violinist Lauren Basney, cellist Daniel Frankhuizen and pianist Dr. Byron Chow.

Trio members first met in 2009 at the Orvieto Musica chamber music festival in the Italian town of the same name. Basney, winner of several competitions, holds degrees from Julliard, Yale and the University of Wisconsin-Madison. She has performed throughout Europe and North America as well as in Japan, Israel and Australia, including six appearances at Carnegie Hall.

Frankhuizen has performed throughout the United States and abroad as a soloist, chamber musician, and in several pop groups. He completed his undergraduate studies at Ithaca College and his master's in Music Performance at the Purchase College Music Conservatory.

Dr. Chow, a pediatrician, is also an avid pianist, violist, and composer. He completed his undergraduate studies at Yale and received his MD from NYU. He recently completed a sabbatical in which he was able to further his piano studies in Vienna, Austria.

The public is invited to enjoy chamber music at its best in the intimate setting of the Scripps Miramar Ranch Library Center. Meet the musicians at a complimentary reception following the concert. There is no charge for the concert, although donations are appreciated.

Scripps Miramar Ranch Library Center is located at 10301 Scripps Lake Drive near Miramar Lake. Overflow parking is available on Meanley Drive off Scripps Ranch Blvd. Call (858) 538-8158 or visit srfol.org for more information.



The "Pleasure of Your Company" music series presents the Orvieto Piano Trio in the Scripps Miramar Ranch Library Center on Feb. 23. (courtesy photo)

Docent will share tribal history

By Denise Stewart

Coming on March 9 at the Scripps Ranch Welcome Club's regular meeting, a docent from the Kumeyaay Interpretive Center in Poway will be sharing the story of her local Native American tribe. She will be offering a new understanding of local history along with the artifacts, photos and customs of her people.

The meeting will be held at 7 p.m. in the Scripps Ranch Community Center.

The Kumeyaay were native inhabitants of San Diego County. The native Kumeyaay tribe lived in what is now Southern California and as far south as Ensenada for a period of more than 10,000 years. While the Community Center on Cyprus Canyon Drive may now be the home of the Welcome Club meetings, in the past it was the site of Kumeyaay Indians going about the daily tasks of providing for their families.

Interesting and entertaining speakers are not the Welcome Club's only regular attraction. Some members of Welcome Club favor the



A Kumeyaay woman who was part of the local tribe shows off her handiwork of clay pots. (courtesy photo)

monthly craft making sessions. Others enjoy a card or bunco game. Many like to walk local trails together a few days a week, while some of the same also like to read and discuss books.

To include more members in the enjoyment of books, Nancy Hurwitz is starting a fourth book group. They plan to meet at the middle of each month and are currently signing up those who are interested.

Members who value trips to local places of interest, cultural experiences and, later, surrounding a restau-

rant lunch table, participate in Gadabouts. February's Gadabout occasion is to the movie "Emma" and afterward a lunch that will make an ideal ladies' day out.

Many members' favorite event, the opportunity to gather with a circle of friends and enjoy a warm cup of coffee, is known as the Coffee Klatch. While friends and coffee are the main attraction, hostesses and their helpers have been known to offer some incredibly delicious brunch dishes that make the friends and the coffee even more enjoyable. Janet Weigel will be hosting in March along with Starlene Dahl as co-hostess.

See **TRIBAL HISTORY**, Page 10

CHINESE NEW YEAR

Continued from Page 6

dents Bill and Cynthia Collins at their business, Collins Family Jewelers, 8220-A Mira Mesa Blvd., delighted a happy crowd on Jan. 25. Performers wearing festive lion costumes danced in front of the store and around the spectators who gathered for the event. Many in the crowd dressed in bright clothing for the occasion, and adorable children wore their own versions of the lion costumes.

The traditional event was complete with fireworks and martial arts performances. The lions danced into the store to cleanse it for the new year. Bill and Cynthia were joined by their children and grandchildren, other family members and many friends for the happy occasion.

SUPPORT SALON

Continued from Page 6

experience was very well received.

"The word they use 100 percent of the time, the same word: isolated," Goshtasbi said. "And I got to stop and wonder why people feel isolated. And I think it's for this reason – that people don't have proper support."

In the end, any positive impact will be welcomed, Goshtasbi said.

"I want to come to this group and leave happier than when I came, and that's my whole goal," she said.

Anyone is welcome to join the next free Support Salon meeting on March 7 from 1 to 3 p.m. at 9820 Willow Creek Road, Suite 430. For more information, contact Katy Goshtasbi at katy@purisconsulting.com or call (949) 274-6423.

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GIRL SCOUT COOKIE TIME

Girls in Scripps Ranch Brownie Troop 3836 were seen selling Girl Scout Cookies recently with big smiles and plenty of enthusiasm. The Girl Scout Cookie Program® teaches entrepreneurship, money management, public speaking and decision making. (photos courtesy of Bonnie Masanis)



Girl Scouts: mission to cookie success

On a rainy Saturday afternoon, Scripps Ranch Girl Scout Troop 3956 was all smiles while managing a colorful display of all eight types of Girl Scout Cookies. As part of a 24-girl, multi-level Girl Scout troop, Junior Abigail was mentoring Brownie Paisley on the intricacies of marketing techniques while keeping their cookie booth dry during a downpour.

The troop is confident they will reach their goals this year and plan on using earnings for an overnight adventure, as well as funding their Girl Scout Bronze Award project: two buddy benches at their local elementary schools. Last year, they used proceeds for a horseback riding workshop and a camping weekend in Julian.

"I really love the multi-age experience. It works for us. The little girls look up to the older ones, who serve as mentors," said leader Amanda Murphy. "With three co-leaders, we meet twice a



Paisley and Abigail of Girl Scout Troop 3956 plan to use their cookie earnings for outdoor adventures and to make the world a better place. (photo by Alexis Vercollone)

month, and usually have a field trip or an overnight for one of those meetings."

The leaders have welcomed girls from all parts of San Diego County, including Vista, Sabre Springs and downtown San Diego.

"My favorite thing about Girl Scouts is the cookies, both selling and eating them," Abigail said.

She has set a high goal for

herself this year, including sending 100 packages to Operation Thin MintSM (OTM), a local service project through which cookie customers can support the U.S. military with "a taste of home and a note to show we care." Since OTM's inception in 2002, the public has donated more than 3 million packages of cookies and countless hand-

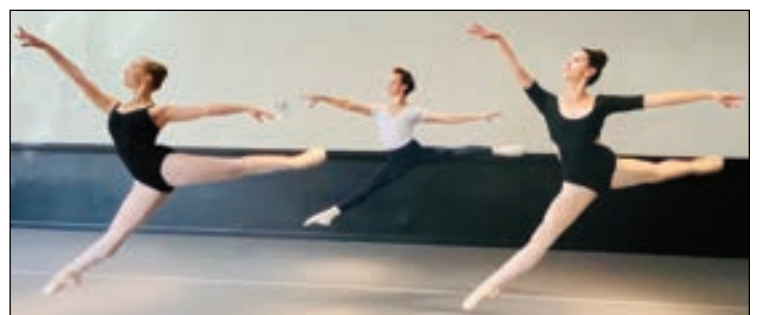
See **GIRL SCOUTS**, Page 10



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TRIBAL HISTORY

Continued from Page 8

Welcome Club has been expanding its membership over the last several months and is diversifying its activity calendar to match the variety of interests of new members. Currently among the ideas being suggested are groups for dining out, wine tasting, a day or evening board game, and opera going. Other ideas are also being hatched.

Welcome Club has a website – scrippsranchwelcomclub.com – where those interested in learning more about the group can find the newsletters and other announcements. Contact information is there, too. Welcome Club is delighted to respond when you inquire.

GIRL SCOUTS

Continued from Page 9

written notes of support to deployed military troops and local veterans.

By participating in the cookie program, Girl Scouts will practice goal setting, decision making, money management, people skills and business ethics, and are preparing for their futures as the next generation of female leaders. All net cookie revenue stays local to fund programs in science, technology, engineering and math (STEM); outdoors; life skills; and entrepreneurship. Cookie proceeds also support the financial assistance that keeps Girl Scouting available and affordable for all.

When the 2020 Girl Scout Cookie Program started last month, Girl Scouts rolled out a brand-new cookie: Lemon-Ups™! Each zesty, crispy cookie includes a message of leadership (like “I am an innovator” or “I am strong”) to inspire girls and cookie customers.

For the sixth consecutive year, Thin Mints, Samoas, Do-si-dos, Trefoils and Tag-alongs are \$5 per package, as are the new Lemon-Ups. Two specialty products – Girl Scout S’mores and gluten-free Toffee-tastics – are \$6 each due to higher production costs.

Girl Scouts is a place for girls (#BestPlace4girls), preparing them for a lifetime of leadership. All girls in grades K-12 and adult volunteers are welcome to join Girl Scouts at any time during the year. Camp registration is now underway. Find details at sdgirlscouts.org, or contact Scripps Ranch Recruitment Specialist Andrea Rentería, (619) 610-0774 or arenteria@sdgirlscouts.org.



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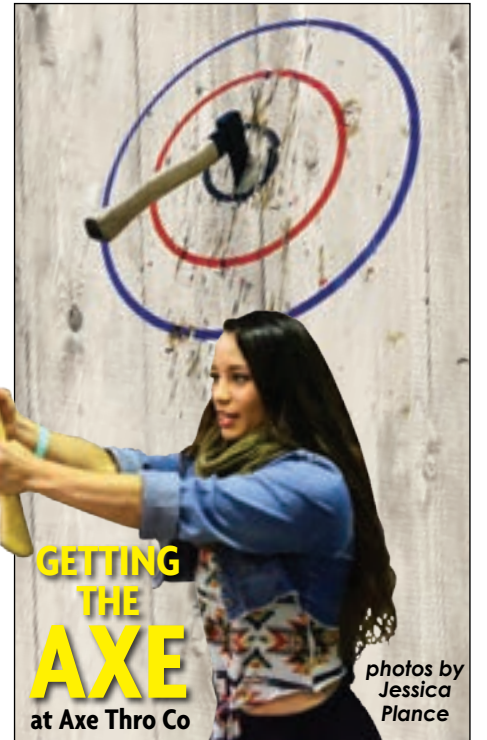
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GETTING THE AXE at Axe Thro Co

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HURRICANE DIANE

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Words & Pictures will be a supplement for Scripps Ranch News and The Poway Eagle community newspapers. It will also be distributed to select communities in Sabre Springs, Rancho Penasquitos, Rancho Bernardo and Mira Mesa/Miramar.

The paper is designed to expand to other communities in San Diego County in order to offer advertisers the chance to draw customers from beyond their immediate neighborhoods. Most of the papers will be distributed by direct mail. Additional copies will be placed at high traffic businesses so customers may pick them up while shopping.

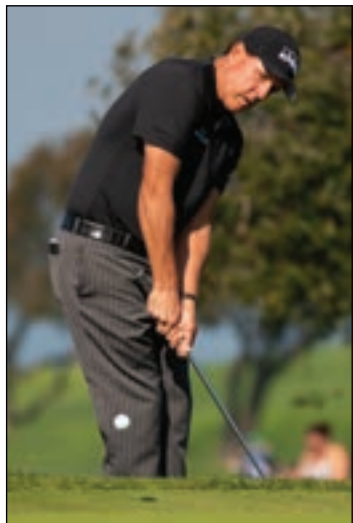
We sincerely hope you enjoy this new publication, **John and Jaqueline Gregory** Publishers



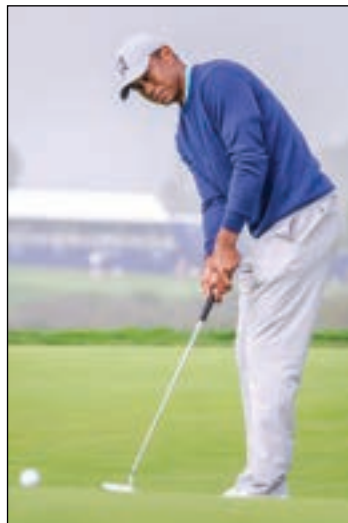
The San Diego State mens basketball team started the season on fire with 26 straight victories as of press time. This incredible season has electrified fans with March Madness just around the corner. (photos by Justin Fine)



Kawhi Leonard, a former SDSU Aztec player and two-time NBA champion, was honored at half time of the Feb. 1 game against Utah State. He shared a moment with his former coach Steve Fisher. (photo by Justin Fine)



Phil Mickelson (photo by Ralph LoVuolo)



Tiger Woods (photo by Ralph LoVuolo)



Marc Leishman, winner of the 2020 Farmers Insurance Open (photo by Ralph LoVuolo)

Farmers Insurance Open

Marc Leishman (15-under-par 273) earned \$1,350,000 and 500 FedExCup points as the winner of the Farmers Insurance Open, Jan. 23-26 at Torrey Pines Golf Course. San Diegans Xander Schauffele and Phil Mickelson did not make the cut. Tiger Woods finished at 9-under, tied with five other players.

WORDS&PICTURES W&P

Words & Pictures is the free paper showcasing the best San Diego has to offer each month.

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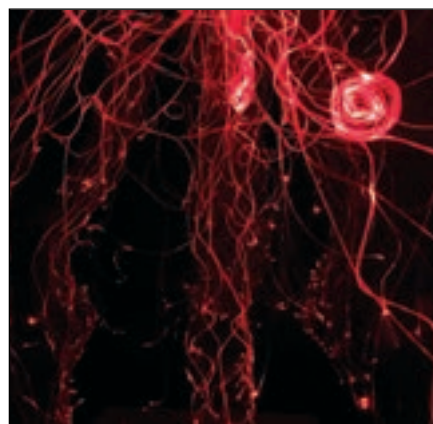
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Published by Seacoast Media Lab, LLC

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NEW JETS ARRIVE: The first F-35C Lightning II Strike Fighters arrived at MCAS Miramar in January. These aircraft will replace the F/A-18 Hornets. Pictured above is an F-35 with an F-18 Blue Angel fighter in the background at El Centro. (photo by Justin Fine)



ILLUMINATION: "Illumination: 21st Century Interactions with Art + Science + Technology" is an exhibit exploring climate change, global health and sustainability. Sixteen local artists produced work after teaming up with scientists and technologists from seven major research institutions. Ten additional multimedia artists bring individual perspectives and personal points of view to 21st century challenges. The exhibit runs through May 3 at San Diego Art Institute in Balboa Park. (sandiego-art.org)



HURRICANE DIANE: Rami Margron as Diane and Jennifer Paredes as Beth Wann star in the West Coast premiere of "Hurricane Diane," running through March 8 at The Old Globe (theoldglobe.org). (photo by Jim Cox)



Leap Day Celebration: A Dance-Off!

Divine Desi Dance company (above) will be one of ten San Diego dance crews battling each other in front of an experienced panel of local esteemed judges who will select the best performances for cash prizes Feb. 29, 11 a.m.-2 p.m. on The Globe's Copley Plaza, 1363 Old Globe Way in Balboa Park. Free to the public.

Sponsors and players sought for Golf Classic

The Poway Chamber of Commerce will hold the seventh annual Mickey Cafagna Memorial Golf Classic on Friday, March 6, at the Rancho Bernardo Inn, 17550 Bernardo Oaks Drive. The event begins with a shotgun start at 8:30 am (scramble format), followed by an awards luncheon.

The Golf Classic was established in 2014 to honor Mickey Cafagna, a former mayor of Poway. Cafagna was one of the most loved and respected elected officials in Poway and distinguished himself

by his thoughtful leadership and enthusiastic support of numerous nonprofit organizations. In keeping with Cafagna's charitable spirit, a contribution will be made to the Poway Boys & Girls Club.

The tournament is open to the public and players of all levels are welcome. To register, or for more information regarding the tournament and/or sponsorship opportunities, visit birdcase.com/powaychamber, phone (858) 748-0016 or e-mail chamber@poway.com.



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Angie Lee, CBS News 8 reporter, focuses on her target. (photo by Jessica Plance)



Shannon Handy of CBS News 8 enjoys a light moment before throwing her axe. (photo by Jessica Plance)



Axe Thro Co is located at 4428 Convoy Street, suite 310. (photo by Jessica Plance)

Axe Thro Co, 4428 Convoy Street, Suite 310, recently previewed its new state-of-the-art axe throwing facilities with a media event. It looks dangerous, but it's actually a sport.

Jimmy Rose, founder and general manager, started the company because he fell in love with the sport and wanted to create a safe place for people to enjoy themselves, learn new things and develop new relationships – while throwing axes.

"People can reinvent themselves with new experiences and social activities to do with friends and family as an alternative than going out and drinking," Rose said. "I wanted to create this environment to bring people closer together on another level."

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(photo by Jessica Plance)

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Eat the Frog opens in Scripps Ranch

By Laura Hogan

Eat the Frog Fitness hosted its formal grand opening to the community on Feb. 7 at 10625 Scripps Poway Parkway, Suite D-E, in the Scripps Ranch Marketplace shopping center.

The fitness training program had a soft opening starting in December 2019. The Scripps Ranch location is the first in California.

Mike Gormley, owner of Eat the Frog Fitness in Scripps Ranch and territory owner from Orange County to San Diego, wanted to try something new after 20 years of experience in the cell phone industry. He began looking at fitness as a potential opportunity when his wife started attending group fitness classes.

“I wanted to get into a business where people felt good about themselves when they were involved in it,” Gormley said.

He explained that “eat the frog” is a saying from Mark Twain, which in context means that if someone has to eat a live frog, they should do it first thing in the morning to get it out of the way. For Eat the Frog Fitness, the saying embodies their philosophy of encouraging and motivating their members to seize the day when it comes to their health and fitness.

The small group training program consists of both live coaches and virtual workouts, giving members the ability to work out when it best suits their schedule. Classes are held with a live coach five to 12 times a day. With two large IMAX televisions, the program allows members to follow along in the workout while maintaining proper form, motivation and energy. Eat the Frog Fitness uses bikes and rowers for the cardio component of the training as opposed to treadmills. The trainers also use two different kinds of weights, sand bags and sand balls.

Damien Evans, regional fitness leader at Eat the Frog, said that while it might seem intimidating at first, the program is made to be low impact with sustainable results. This is attainable because of the personalized assessment given to every member at Eat the Frog, Evans said.

“When a member becomes a member, they take a real time physical assessment.



Co-founder of Eat The Frog Fitness and Olympic Decathlon Gold and Silver Medalist Bryan Clay (from left), co-founder of Eat The Frog Fitness Joe Culver, Jamie Martinez, Damien Evans and Mike Gormley celebrate the grand opening of Eat the Frog Fitness. (photo by John Gregory)

This tests their physical strength, flexibility – and we even get a customized true heart rate with a heart rate monitor,” Evans said. “We put the data into an app combined with their fitness goals, and the app’s algorithm provides an 8-week program for that member to follow. This will help our members meet their fitness goals based on where they are currently and where they’d like to see themselves go.”

Evans said their goal is to have the members pace their fitness in a way that is

effective. He said the trainers no longer think about how hard a workout is, but rather the goal is for members to leave each workout feeling successful and functionally fit for everyday life.

Randy Mactal has been a member since Eat the Frog’s soft opening in December. Mactal said he immediately signed up to become a member after taking an initial class.

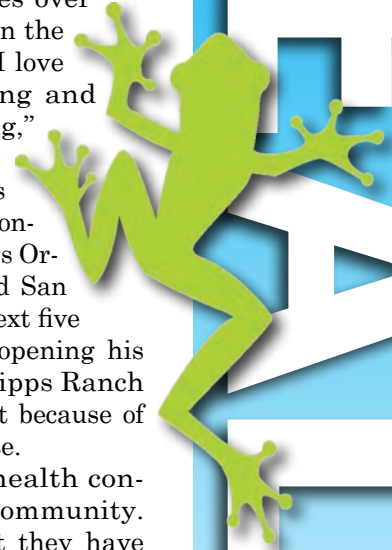
“Eat the Frog is such a great, well rounded, functional training program that has really helped me

in a lot of areas. It’s helped me maintain my cardiovascular fitness and improve my overall functional fitness that carries over to being better in the other activities I love to do like hiking and weight training,” Mactal said.

Gormley plans to open 27 additional locations across Orange County and San Diego over the next five years. He said opening his business in Scripps Ranch was a natural fit because of the customer base.

“People are health conscious in this community. They know that they have to eat right and work out to stay healthy. Honestly, it’s just a phenomenal community. People who live in Scripps Ranch seem to want to stay in Scripps Ranch and support local businesses in Scripps Ranch. That was a community we wanted to be a part of,” Gormley said.

Eat the Frog Fitness offers one free class to anyone interested in the training program. For more information, visit eatthefrogfitness.com.



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Scripps Poway Eyecare celebrates 20 years

By Laura Hogan

Scripps Poway Eyecare is hoping to help their patients see 20/20 in 2020.

After an extensive renovation, Scripps Poway Eyecare, 10549 Scripps Poway Parkway in the Scripps Ranch Marketplace shopping center, will host its grand re-opening event on Saturday, March 21, from 9 a.m. to 2 p.m. The renovation provides the practice with more exam rooms and the ability to continue their myopia research and clinical trials.

Dr. Keith Wan and Dr. Jay Mashouf, classmates at University of California, Berkeley School of Optometry, will celebrate 20 years of their practice in Scripps Ranch this year. Wan opened the practice in 2000, with Mashouf joining in 2003. The doctors have grown the practice along with the growth of the community. In addition to taking care of families in the community, it is also a goal to further the practice's research, Wan said.

"One of the clinical trials we are doing right now is an eye drop that has shown to reduce the progression



Dr. Keith Wan (left) and Dr. Jay Mashouf in their newly renovated Scripps Poway Eyecare. (photo by John Gregory)

of nearsightedness, also known as myopia reduction," Wan explained. "It's just amazing to be part of optometry right now. And, to potentially change the course of eye care has been a dream come true for both myself and Dr. Mashouf."

In addition to the practice's research, another specialty at Scripps Poway Eyecare is assisting patients

who are difficult to fit with contact lenses, Wan said. He attributes this to taking the time with patients to understand their needs in addition to researching a variety of contact lenses on the market. Their office has access to many specialty lenses that may not be readily available at other optometry offices.

"A lot of patients say, 'Oh,

I can never wear contacts.' They can. It's just that they haven't been to a place where they have specialty lenses or that have taken the time to fit the contact," Wan said.

Patient exam spots are scheduled for 30 minutes versus the typical 10 to 15-minute exams at other locations. Wan said he prides himself on building

relationships with his patients and caring for families year after year.

Scripps Ranch resident Jeri Demner has been one of Wan's patients for 15 years.

"He is unequivocally the best practitioner I have dealt with over all these years. He is well educated on all aspects of optometry ... He keeps up with new advances and is very personable, caring and reassuring when problems arise," Demner said. "He has guided me through a few vision bumps along the road, and I am beyond pleased with the outcome."

The Scripps Poway Eyecare team's grand opening event will welcome all Scripps Ranch community members. The event will have a taco truck and several raffle prizes including Maui Jim and Oakley sunglasses. By coming to the event, attendees will receive one raffle ticket, and if an appointment is booked, attendees will receive 10 raffle tickets. The team is also offering free thin and light lenses, a \$250 value, with any purchase of a glasses frame as part of their grand re-opening event. For more information about Scripps Poway Eye Care, visit scrippseyecare.com.

ADVERTORIAL

Amazing adventures: Life is a series of journeys

We've all heard the phrase "Life is a Journey." But more accurately, it is a series of journeys – and hopefully a lot of amazing adventures!

by Renée Jahnke
Founder of LifeMap

LifeMap was born after collaborating with a software development team to create an online application based upon the best-selling career exploration book "What Color Is Your Parachute?" During this time, I was able to develop and facilitate group and individual workshops with high school and college students as well as late-in-life career changers.

Choosing a College Major or Career Path

Young adults experience tremendous stress when trying to make what feels like a monumental life decision without any direct experience to ensure it will be a well-aligned choice. Add-

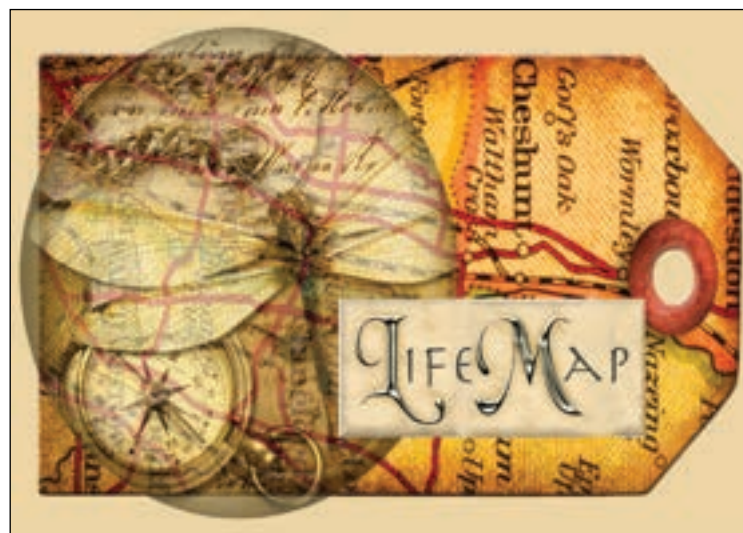
ing to this stress is simply being an adolescent desiring autonomy in their life, so when parents offer suggestions it can fall on deaf ears. Having an impartial person to explore ideas, answer questions and simply offer as many facts as possible takes much of the anxiety out of this process.

For late-in-life career changers, the obstacles can feel insurmountable due to all the responsibilities they have. Time and time again an intersection between what is realistic and what the heart desires has been found simply by being open to explore new ideas and possibilities.

LifeMap will help you to:

• Plot Your Course

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is not right for everyone. Thinking outside the box and identifying the best path for you will make your journey meaningful and satisfying.

• Get Unstuck and Get Moving

Sometimes we know what we want to do, but taking action feels so overwhelm-

ing that it renders us stuck. Having an impartial person who is able to help you recognize the true issues by asking the right questions will enable you to formulate a plan that is right for your specific situation.

• Consider All the Details

Whether choosing a college

major, a new job, making a geographical move, or even taking the next step in a personal relationship – it is important to explore how well aligned each option is with who YOU are. When making a major life decision, considering mind/body/spirit components will help you to achieve the outcome you are seeking.

• Navigating Life's Challenges

Life isn't always smooth sailing. When you're at a crossroad in life urgently needing to make a plan for the future, it is so important to have clear-headed support and feedback to enable you to make the best decisions for your unique situation.

For more information about LifeMap, visit our website at www.LifeMap4u.com.

Project helps prevent Type 2 diabetes

By Shannon Barr

After losing her aunt to unexpected complications from type 2 diabetes, Marlayna Bollinger created a way to help people prevent this disease.

“If somebody had just given her the tools to teach her about diabetes, then she would have known how to manage the disease,” said Bollinger of her aunt.

Bollinger founded the Skinny Gene Project in 2014, located at 10620 Trenea St., Suite 230, in Scripps Ranch. She also serves as the executive director.

“That was the catalyst for me – when I realized my aunt’s story was not unique at all and that this is something that affects so many people,” she said.

The organization, which is funded by donations, aims to increase access to evidence-based prevention programs for pre-diabetics – people at risk of developing type 2 diabetes. The organization pursues its mission to educate and empower through trainings, speaking engagements, advocacy work and the core program, the Diabetes Prevention Program (DPP). The program is a lifestyle modification intervention formed by the Centers for Disease Control and Prevention (CDC) on a national level.

“The real issue we have to address is access, because information without application is useless,” Bollinger said.

The Skinny Gene Project was the first organization to bring this program into San Diego county. It partners with clinics, hospitals, YMCAs and community centers throughout San Diego, including the Scripps Ranch Community Center. Now it is expanding into Riverside and Orange counties.

“We’re trying to create these very sustainable ecosystems of prevention throughout the different communities in Southern California,” Bollinger said.

In the year-long program, an average of 10-12 people meet in-person on a weekly basis for six months, then monthly for the remainder of the year. During the weekly sessions, a facilitator presents lessons focused on lifestyle, including diet, physical activity, stress and mindfulness.

“Our programs are fun and energetic, and people become a family afterwards,” Bollinger said.

The group addresses the



Clients embrace during a Skinny Gene Project event. (photo by Natalja Karol/courtesy of Healthy Gene Project)

obstacles they face with an action plan and are kept accountable to ensure they’re making the necessary modifications to improve their health.

“It’s really making small, sustainable changes,” Bollinger said. “We call it a lifestyle change because we want to help people implement things in their lives that they can do for the rest of their lives.”

To measure the effectiveness of the program, the Skinny Gene Project team submits data to the CDC on the people they’ve helped. They measure behavioral changes – one of the goals for their participants is to lose at least 5 percent body weight and to keep it off for

one year. They also take an anecdotal approach, assessing how members feel before and after the program. The DPP is in the top 3 percent of evidence-based provision programs in the country and has full-recognition, meaning it has strong evidence of efficacy.

“It’s mind blowing how many people in the U.S. are pre-diabetic and no one really seems to be talking about it,” said Belen Mercado, a graduate of the DPP program.

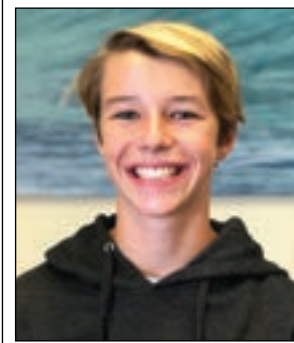
She’s now becoming a health lifestyle coach with the Skinny Gene Project.

“I became a coach to empower myself and live a longer life for my children, and along the way I will also help others do the same,” Mercado said.

According to Bollinger, if prediabetes isn’t stopped, there is a 70 percent chance a prediabetic will develop diabetes.

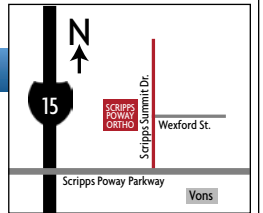
“Prediabetes is not just a condition, it’s an opportunity,” Bollinger said. “And it’s your last opportunity to prevent type 2.”

Those interested to see if they qualify for the program can visit skinnygeneproject.org/enrollment.



Featured smile: Tyler

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SCHOOLS

SRHS Falcon Playhouse presents 'Grease'

By Bella Ross

More than 80 students are about to transport Scripps Ranchers to the hallways of Rydell High thanks to an upcoming production of "Grease," set to open on March 5.

Expect to see the musical – put on by the Scripps Ranch High School (SRHS) Falcon Playhouse – like it's never been done before, complete with 1950s cars at the show's entrance.

The musical will feature classic songs such as "Summer Nights," "Greased Lightnin'," "It's Raining on Prom Night" and "Alone at the Drive-In Movie," according to the show's description.

SRHS theater director Patrick Garcia said the students aspired to express their own unique take on the production of "Grease," which is one of the nation's most popular musicals. This includes never-before-seen dance moves.

"Our choreographer has made a point of trying to choreograph all the dances without using some of those



Scripps Ranch High School student actors will perform in the Falcon Playhouse production of "Grease" on March 5, 6, 7, 12, 13 and 14. (courtesy of SRHS Falcon Playhouse)

moves that you might see in the movie or Broadway production," Garcia said. "It's like, no, we're making this ours with my actors."

Garcia said the show is also made unique by its many moving parts.

"Everything from the actual Rydell High to Marty's bedroom to the diner, burger place," Garcia said. "Everything moves in and out from the stage to make it dynamic."

The production features a cast full of Scripps Ranch High's finest thespians, led

by leads Samantha Duggan and Dylan Darwish acting as Sandy Olsson and Danny Zuko, respectively.

For Duggan, the opportunity marks her first lead.

"This is her first big role and she's done a fantastic job with it," Garcia said.

Garcia added that he has worked very hard to inspire students to make the most of their roles by making them their own.

"That's the biggest thing I tell them ... they have to breathe life into this character based on what they're

'Everything moves in and out from the stage to make it dynamic.'

—Patrick Garcia

bringing to it as actors ... and how they see the actors and how they interpret it," Garcia said. "So, we hope it comes across that way."

For those looking to attend, tickets can be purchased in advance for \$10 or at the door for \$13. There is also a \$15 VIP ticket option, and Garcia said it's well worth the upcharge.

"To be honest with you, they're the juicy seats where you are just at that right eye level where you can see the most," he said.

Watch the show at the Scripps Ranch High School Falcon Theatre Playhouse starting at 6:30 p.m. March 5, 6, 12, 13 and 14. There will be a 2 p.m. matinee on Saturday, March 7. Tickets can be purchased through the SRHS Falcon Playhouse Facebook page, or tinyurl.com/t7j2cnz. Visit falconplayhouse.com.



Nicole DeWitt

Principal DeWitt will leave SRHS

Parents of Scripps Ranch High School (SRHS) students received an email notification Jan. 27 announcing that SRHS Principal Nicole DeWitt would leave the school Feb. 18 to begin a position as an Interim Instructional Support Officer for the Office of Leadership and Learning with the San Diego Unified School District. Dr. Matt Lawson will serve as interim principal, according to the message.

Here is part of the email from DeWitt:

"... Beginning on February 18th, I will continue to support SRHS, as well as other school sites, as an Interim Instructional Support Officer for the Office of Leadership and Learning. The Interim Instructional Support Officer position is a temporary position that I have been asked to fill until a formal candidate search can be conducted. In this role, I will primarily be assisting all of the high schools in San Diego Unified and will use the knowledge I have gained as the principal of Scripps Ranch High School to collaborate with my colleagues as we work to create safe and inclusive schools where all students can learn and thrive.

During this time of transition, Dr. Matt Lawson will serve as interim principal. Vice Principal Roldofo Parra will continue to oversee his same responsibilities for students with last names A-L, while educational specialist, Amy Hines, will serve as an interim Vice Principal for students with last names M-Z.

The decision to move into this temporary role for the district was an extremely difficult one, however, I do look forward to continuing to support SRHS as an Interim Instructional Support Officer and will be visiting the campus throughout the remainder of this school year to assist the admin team. ..."



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(photo by Justin Fine)



SPORTS

(photo by Josh DaFoe)



(photo by Justin Fine)

GETTING THEIR KICKS: Scripps Ranch High varsity soccer teams wrapped up their regular seasons. The Lady Falcons (left) battled to a 4-4 tie against Academy of Our Lady of Peace on Feb. 11. The girls will play Feb. 22 in the quarterfinals of the CIFSD Div. 1 playoffs. The boys (above and below) tied Cathedral Catholic 1-1 on Feb. 12. They were scheduled to play Crawford Feb. 18 in the CIFSD Div. 1 tourney.



(photo by Josh DaFoe)



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(photo by Ralph LoVuolo)

XANDER: Xander Schauffele, a former Scripps Ranch High School golfer now on the PGA Tour, did not make the cut to continue in the Farmers Insurance Open at Torrey Pines Golf Course. But he wasn't alone. Fellow San Diegan Phil Mickelson also missed the cut. On Jan. 24, Schauffele played the course in a powerhouse threesome with Rick Fowler and Mickelson. (photo by Ralph LoVuolo)

Tap Cancer Out event

Students from Primal Kids BJJ & Self Defense, 9811 Mira Mesa Blvd., raised more than \$4,000 in this year's Tap Cancer Out BJJ Open competition, with proceeds benefiting Alex's Lemonade Stand Foundation.

Several Scripps Ranch residents earned medals, including Jaren Klein, bronze; Jackson Klein, silver; Natalie Nguyen, bronze; and Nicholas Nguyen, silver.

Other students who received medals are Amber Spencer, gold; Caleb David, silver; Niko Wong, silver; Bella Delira, bronze; and Nehemiah Gautt, silver.



Among competitors from Primal Kids BJJ & Self Defense in this year's Tap Cancer Out event are (top to bottom, from left) Elly Wong, Natalie Nguyen, Eligh Bautista, Amber Spencer, Nicholas Nguyen, Niko Wong, Jackson Klein, Bella Delira, Caleb David and Jaren Klein. (courtesy photo)

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TO APPLY: Email cover letter, resume, work samples and links to john@scrippsranchnews.com.

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SCRIPPS RANCH NEWS

Take perfect photos of your home

(StatePoint) Whether you have completed an amazing renovation, or you are selling your house, you'll want to take perfect pictures of your home to share.

Acclaimed photographer Jeffrey Davis, the photographer of choice for The New American Home and Progress Lighting, is sharing some tips to elevate your residential photography game to a social media-worthy or even magazine-worthy level.

Lighting fixtures are a critical focal point in homes, yet photographing lighting in a room is challenging.

"Lights always look better when turned on," Davis said. "Try to pick a time of day when lights can be on, but you can still get outside views that won't be burned out."

Jennifer Kis, director of marketing communications for Progress Lighting and a veteran of many residential photoshoots, agrees.

"Lighting is often the statement piece of a room. Having the chandelier turned on in the great room, for example, adds to the general light of the room



By adopting the key principles of professionals, you can capture the beauty of your home interiors to create amazing photos. (copyright The New American Home 2019)

and creates a warm and cozy feeling," Kis said.

Another important tip is to focus on the lighting fixture itself.

"Since lighting fixtures are hung high in a room, angle the camera that way. Shooting at eye level is rarely the right angle," Davis explained.

Whether or not lighting

fixtures are the focus, having the right light at the right time is an essential piece of taking perfect pictures. Spend extra time scouting shoot locations and the design layout of the home. Take notes when planning the shoot to ensure that natural light is shining in the right space at

the right time of day.

Next, focus on the composition of the shot. The proper balance elevates the image and makes the design elements of the room stand out. When aiming for a picture of the whole room, try shooting right down its center. Using the room's ar-

See **PERFECT PHOTOS**, Page 22

HOME NEWS

Home sales dip, prices hold steady

Resale home transactions saw a one-month drop in January countywide – not uncommon for the first month of a new year, according to housing statistics compiled through the San Diego Multiple Listing Service by the Greater San Diego Association of Realtors® (SDAR). Single-family homes fell 24 percent in San Diego county last month compared to December, and nearly 30 percent for attached properties (condominiums and townhomes). However, compared to January of 2019, sold listings were up 6 percent for single-family homes, and 18 percent for condos and townhomes. "Buyer demand remains healthy, as San Diegans see low interest rates, low unemployment, and, perhaps most significantly, rising rents," said SDAR President Carla Farley. "This sets us up for a strong start to the 2020 housing market."

Scripps Ranch home sales for January 2020

Single family homes sold: **19**

Average Days on the market (single-family homes): **34**

Median price of single family homes sold: **\$1,014,000**

Attached homes sold (condominiums or townhomes): **8**

Average Days on the market (attached homes): **33**

Median price of attached homes sold: **\$ 505,000**

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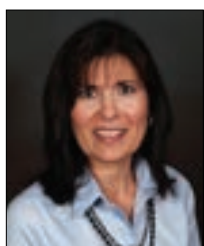
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Choose a home tech support plan

(StatePoint) If you're like most people, you've spent more time than you're willing to admit troubleshooting a technology issue with any one of the many devices in your connected home. Did you know that the average person owns at least 10 connected devices from Macs and PCs, smartphones, tablets and printers to voice assistants, video doorbells and even home automation systems?

As homes get "smarter" with more connected devices, more complex problems arise, including issues with setup, troubleshooting and syncing devices. Calling the manufacturer or going to the store where you bought the device could help, if it's still under warranty. Trying to diagnose and solve the problem yourself might work, if you have time, patience and some know-how.

What many people really need is an IT expert on-call, ready to solve all their personal tech issues. But how realistic or affordable is that?

"Subscribing to a technical support plan is actually an increasingly popular option for consumers who want to keep their tech working 24/7," said Renée Soulliard, of Support.com. "Many plans provide a professional, remote, 'IT team' available anytime you run into trouble. This can help keep costs low since the team resolves your tech issues by phone, chat or by virtually remoting into your device."

Googling "tech support" brings up numerous options that promise to solve your



Having a tech support plan with a highly qualified tech support provider is a smart way to maintain your technology, and can help you get the most out of all your home tech. (Copyright courtneyk/iStockPhoto)

various tech problems. With so many options, how do you know which ones are reliable?

Fraudulent tech support companies continue to get more sophisticated and difficult to detect, Soulliard warned.

"To find a trusted tech support provider, choose one with a long history and highly trained, professional tech support agents," she said.

Here are some potential questions to ask while evaluating tech support providers:

- How long has the company been in business?
- Are the company and its agents U.S.-based?
- Is there a limit to how many devices are covered?
- Are there any restrictions on the types of devices, brands or problems covered?
- What operating systems are covered?
- Is the support provided unlimited? Is support available 24/7?
- Are there monthly plans available or just annual plans? Are there set-up fees?

- Are there any guarantees if my issue can't be resolved? Can I cancel any time?

- Do I have access to support via phone and chat? Is online self-support available?

- Can I schedule a time to have a tech support agent contact me?

- What do other customers say about the service?

Look for an affordable monthly or annual subscription plan that offers unlimited tech support for any issue with your connected devices, regardless of the type of device, brand or where you bought it. Plans can cost as low as \$10 per month with no long-term commitment. Find tech support providers with U.S.-based support agents that offer a range of support options, including phone, chat or video-based "virtual house calls." You could even try the free self-support tools from Support.com's TechSolutions or, if you need more help, learn more about their tech support plans at support.com.

PERFECT PHOTOS

Continued from Page 21

chitectural framework as a guide, pick angles that feel natural to the space and

that casually direct the eye to the subject matter being showcased. The viewer's eye should wander around the image, finally landing on the intended focal point.

Colorful accessories and the right room angles create a visual path through the room, engaging the eye naturally to add depth and interest to the image and taking the ordinary to extraordinary. Clear out the clutter in the room and style the space, remembering that less is more. Try focusing on details and vignettes that create a story of the area and give the room personality.

For an ideal finished image, Davis recommends a print file size of 4,000 pixels, 14-inches by 14-inches at 300 dots per inch in tiff or jpeg format. For online use, he recommends images sized 1,800 pixels, 12-inches by 12-inches at 150 dots per inch, in jpeg format.

For residential photography inspiration, check out progressltg.com / *ExperienceProgress*.



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Asking \$639,000

Great opportunity to own a top floor of an oceanfront building, North of Crystal Pier and Tower 23. Beautifully remodeled, open floor plan with custom kitchen and assigned underground parking space. Building features pool, sauna, clubhouse/recreation room and BBQ area. Just steps from the beach and walking distance to boardwalk, restaurants, shopping and more!



Testimonial

“Johnny and Steve are the only ones I trust with the purchase or sale of a home. Having worked with them on both buying and selling, they are honest, trustworthy, and knowledgeable. They have your families needs in mind, and will steer you in the right direction and tell you when to walk away as well. Thank you for all the great work! I look forward to a lifelong relationship with the Ferreira Group.”

—G. Mercer

**Thinking of buying or selling in 2020?
Make a smart move and call us today!**



FERREIRA GROUP



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